



VALUABLE
LESSONS
about living a
healthy lifestyle.



Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

The first step to being healthy is eating a variety of foods from each food group. There are five food groups: fruits, vegetables, grains, protein, and dairy. Make sure you eat lots of different foods from each food group every day!

DEVELOP HABITS FOR LIFE!

- Eat whole fruits and vegetables
- Drink plenty of water
- Switch to whole-wheat bread





Our Family Agreements

FAMILY MEMBERS READ THIS:

Your adolescent is learning about group roles and agreements about how we will relate to each other in respectful ways.

To help your adolescent understand how members of groups decide on group roles and develop shared agreements that protect and benefit all members, create a group role chart to try out at home. Have your adolescent review the roles with family members to see which ones would be most helpful.

Then talk about how the family members make agreements about how they will relate to each other in respectful and positive ways.

ALL FOR ONE, AND ONE FOR ALL

REMEMBER THAT

- successful groups have assigned roles.
- all members of a group contribute.
- all roles are important.
- all members of a group benefit from respectful behaviors.

As you discuss with your family, answer the following questions:

Learn more about the agreements that keep your family group healthy, safe, and respectful. Think about group roles that the family uses in different situations. Ask: What agreements does our family have to maintain positive interactions? How do we ensure that we behave respectfully toward one another? What group roles are helpful?

What family agreements for behavior do we have in place? What group roles do we use in different situations?

How do these agreements and group roles encourage positive interactions and respectful relationships?

What other agreements and group roles might help us build a loving, safe, and healthy family environment?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

To be healthy, we need lots of nutrients. Nutrients include protein, carbohydrates, fat, vitamins, minerals, and water. We get these by eating food from all food groups!

DEVELOP HABITS FOR LIFE!

- Stretch your muscles often
- Eat oats and grains
- Drink milk
- Get 8 hours of sleep
- Take your morning multivitamin





Positive Values

NINE POSITIVE VALUES

REMEMBER THE NINE POSITIVE VALUES ARE

- respect for self and others.
- responsibility.
- self-discipline.
- kindness.
- honesty.
- service.
- healthy lifestyle.
- courage.
- commitment to family.

FAMILY MEMBERS READ THIS:
Your adolescent is learning about positive values. Help him or her understand the role of values in healthy decision-making. Refer to the bulleted list. Recount one or more experiences from your own life in which these values affected an important decision you made or action you took.

Write your responses below.

Listen as your family member tells you about how his or her values affected an important decision or action. Then write your responses to the questions.

What was the situation your family member described to you?

Which of the nine positive values played a role in his or her decision or action?

How can you apply what you learned from this conversation to your own life?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Drinking water helps our bodies work well!
Not drinking enough water causes dehydration.
Dehydration can cause headaches and make us feel tired. Athletes need water to perform their best!

DEVELOP HABITS FOR LIFE!

- Say no to soda
- Eat an apple a day
- Don't skip breakfast
- Eat less red meat



I Have the Skills and Qualities to Share!

GUIDING QUESTIONS

After talking with your family member about an activity that you enjoy, use the following guiding questions to identify your personal skills and qualities:

- What do you like about the activity?
- What skills do you need to do your activity well?
- What qualities help you do your activity well?
- What have other people told you in the past about the way you do this activity?
- How can these skills and qualities be helpful in other activities?
- _____

FAMILY MEMBERS READ THIS:
Your adolescent is learning to identify his or her personal skills and qualities. Help your adolescent learn by talking about an activity he or she enjoys. Pick an activity that requires the demonstration of skills and qualities, such as creating or fixing something, helping someone, or playing a game or sport. Help your adolescent identify personal skills and qualities he or she learned from that activity and how those skills and qualities will help him or her to be successful in other aspects of life.

After you and your family member discuss the activity and your skills and qualities, answer the following questions:

Have a discussion with a family member to help you identify the personal skills and qualities you have that make you successful in an activity you enjoy.

What is a skill or personal quality that you have or do well?

What are some things you do well or that you feel good about because of the personal skills and qualities that you have?

What is a skill or quality that you would like to improve?

Personal skills and qualities need further development for success. Name some ways these skills and qualities will help you be successful at home, at school, and with friends.

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Did you know that EACH 20 ounce soft drink can has have 16 teaspoons of sugar? This is more sugar than you need in an entire day. Too much sugar can cause excess weight gain and lead to obesity. Treat soft drinks like dessert and only drink them occasionally! Instead, drink water, flavored seltzer water, and other sugar-free drinks.

DEVELOP HABITS FOR LIFE!

- Drink plenty of water
- Substitute your soda for flavored seltzer water or sugar-free versions of your favorite drink

Get Tuned in to Growth Mindsets

ALL FOR ONE, AND ONE FOR ALL

REMEMBER THAT

A Growth Mindset

- welcomes challenges.
- welcomes hard work and effort.
- celebrates the success of others.
- works through obstacles.
- learns from constructive criticism.

Discuss Growth Mindsets with your family member. Then, answer the following questions.

Tell your family about what you learned in class. Ask your family member about a skill he or she had trouble learning and how he or she ultimately achieved it. Offer to write a few Growth Mindset statements that might have helped him or her accomplish the skill.

What was the skill your family member was trying to learn?

What Growth Mindset statement would you give your family member about his or her effort in learning the new skill?

What did your family member say about what you taught him or her about Growth Mindsets?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

The sugar in soda, juice, and sports drinks causes cavities and tooth decay. Instead of harming your teeth, choose drinks low in sugar, like water.

DEVELOP HABITS FOR LIFE!

- Take long walks
- Take your vitamins
- Floss everyday
- Skip the salt



What's Success to You?

INGREDIENTS OF SUCCESS

REMEMBER TO

- Describe different ways that people define and achieve success.
- Identify positive values, choices, and goals that enable people to become successful.

FAMILY MEMBERS READ THIS:
Your adolescent is learning about the different ways that people define and achieve success. He or she is also learning to recognize positive choices, values, and goals that enable people to become successful. Please discuss this topic with your adolescent, doing your best to think about many different successful people from many different walks of life. Then share what success means to you and describe a time when positive values, choices, and goals have helped you achieve success.

After the discussion with your family member and listening to his or her success story, answer the following questions:

Discuss with your family member what you have learned about positive values, choices, and goals. Then ask your family member to describe a time when positive values, choices, and goals helped him or her achieve success.

How much influence do you think having positive values had on your the success achieved by your family member?

How do you think setting positive goals helped your family member achieve success?

How much influence do you think making positive choices had on the success your family member achieved?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Water is best for exercise that lasts less than one hour. Sports drinks, such as Gatorade and PowerAde, may be helpful when you exercise for more than one hour. They help replace some of the nutrients lost in your sweat during exercise.

DEVELOP HABITS FOR LIFE!

- Drink more water
- Eat whole fruits and vegetables
- Bring a sports drink to your practice
- Exercise for 60 minutes every day





Let's Set Some Goals

ALL FOR ONE, AND ONE FOR ALL

REMEMBER THAT

- state your goal.
- build a support system.
- consider possible blocks and ways to deal with them.
- list the steps you will take to reach your goal.
- make a timeline.

FAMILY MEMBERS READ THIS:
Your adolescent is learning to set clear, realistic, and measurable short-term personal goals. Have your adolescent explain the steps in the My Action Plan process, and then have him or her share ways he or she sets effective goals.

After discussing My Action Plan with your family member, answer the following questions:

Share what you've learned about using the steps of My Action Plan to set clear, realistic, and measurable short-term personal goals. Ask your family member to share ways he or she sets effective goals.

What are some examples of the process your family member uses to set effective goals?

How did sharing My Action Plan with your family member influence how you will set effective personal goals in the future?

How do you think this experience will help you set and plan effective goals in other areas of your life?

How does using My Action Plan make you feel about accomplishing your hopes and dreams?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Sports drinks have added sugar like soft drinks. Even though they may be helpful when you exercise for more than one hour, try not to drink sports drinks when you are not exercising.

DEVELOP HABITS FOR LIFE!

- Drink 8 cups of water daily
- Try seltzers or sugar-free soft drinks
- Drink fewer sugar-sweetened beverages





Talk It Out!

NAMING EMOTIONS

FAMILY MEMBERS READ THIS:
Your adolescent is learning to identify and name emotions. Help him or her learn to identify and name emotions by discussing typical situations that arise at home and the emotions that accompany those situations. Discuss together the situations, the range of emotional responses possible, and the benefits of being able to identify and name feelings.

REMEMBER THAT

- | | | |
|---|---|--|
| <input type="checkbox"/> anxious—nervous, situations, worried, and/or concerned | <input type="checkbox"/> ecstatic—delighted, extra happy | <input type="checkbox"/> interested—curious or attracted to something |
| <input type="checkbox"/> apologetic—sorry for something | <input type="checkbox"/> exhausted—extra tired | <input type="checkbox"/> irritated—annoyed or aggravated |
| <input type="checkbox"/> bashful—shy or self-conscious | <input type="checkbox"/> frightened—scared or alarmed | <input type="checkbox"/> jealous—feeling bad someone else has something you want |
| <input type="checkbox"/> bored—uninterested in or tired of an idea or activity | <input type="checkbox"/> grieving—sad about something that has died or left | <input type="checkbox"/> pained—saddened or hurt |
| <input type="checkbox"/> cautious—careful or thoughtful | <input type="checkbox"/> happy—content, satisfied | <input type="checkbox"/> shocked—surprised |
| <input type="checkbox"/> determined—strong-minded and controlled | <input type="checkbox"/> hurt—upset or offended by something | |

After practicing and discussing emotional responses with your family member, answer the following questions:

Practice identifying and naming emotions with a family member. Talk about descriptive words that most accurately describe emotions in a variety of situations.

What situations did you identify that can trigger emotions in you?

What emotions were you able to identify and name? What different ones were possible for the same situation?

What will be the benefit to you and your family as you learn to identify and name your emotions with more description and accuracy?

Fuel 4 You!

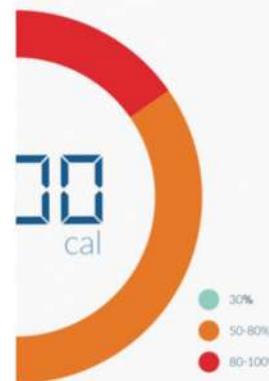
Nutrition messages to help you become a healthier athlete.

Energy drinks, like Red Bull and Monster Energy, contain caffeine and empty calories. Too much caffeine can hurt your bones and affect your sports performance. Athletes should drink water instead.

DEVELOP HABITS FOR LIFE!

- Say no to caffeine
- Try drinking juice or tea
- Get a good night's rest
- Exercise and eat well

CALORIES



Approximate values based on typical nutrient density ranges. Actual values may vary. This content is for informational purposes only and does not constitute medical advice. Consult your healthcare provider for more information. © 2023 UAB Minority Health & Health Equity Research Center.





Don't Let It Get You Down

STRESS MANAGEMENT STRATEGIES

REMEMBER TO

- use deep breathing.
- exercise.
- keep things in perspective.
- use positive thinking.
- do activities that bring comfort and peace.

FAMILY MEMBERS READ THIS:
Your adolescent is learning strategies to relieve stress in positive, healthy ways. Your family can be an amazing support system for practicing the skills he or she is learning at school. Help your adolescent further develop his or her stress management skills and connect the key ideas to life outside the classroom by sharing strategies that you use to keep stress from getting you down.

As you discuss with your family, answer the following questions:

Share what you have learned about stress and the healthy strategies you have learned to reduce stress with your family member. Ask him or her to describe the positive, healthy strategies he or she uses to manage stress.

How has sharing stress management skills with your family member influenced how you feel about stress?

What did you learn from discussing stress management with your family member?

Why do you think it is important to share healthy strategies for managing stress with others?

How do you think sharing strategies with your family will help you keep stress in check? How do you think it will help your family members keep stress from getting them down?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

When we eat a meal, half of our plate should be fruits and vegetables. Fruits and vegetables provide vitamins, minerals, and fiber. These nutrients are needed for our health.

DEVELOP HABITS FOR LIFE!

- Replace your snacks with fruit
- Add veggies to your soups
- Have a fruit salad





My Bucket Story

EMOTION-THOUGHT-ACTION

REMEMBER TO

- use emotions to express how you feel about the situation.
- use thoughts to express some positive thoughts you can have about the situation.
- use actions to express what positive action you can take.
- use the new emotion to express how you feel about the situation now.

After sharing what you have learned about emotion-thought-action, answer the following questions:

Share what you have learned about emotion-thought-action and self-talk with your family. Practice using positive self-talk, thoughts, and actions with your family and in the experiences you have at home.

How has sharing your emotion-thought-action with your family influenced how you feel about handling difficult situations?

What did you learn from discussing this topic with your family?

Why do you think it is important for families to choose to use positive self-talk, thoughts, and actions in every situation?

What results do you think you will get when you choose to use positive self-talk, thoughts, and actions during difficult family situations? How do you think your positive attitude will be helpful?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Fruits and vegetables are key to eating healthy. They have nutrients and are low in fat, sodium, and calories.

DEVELOP HABITS FOR LIFE!

- Eat whole fruits and vegetables
- Switch to low-fat options
- Exercise for 60 minutes every day





Listen Up!

THE ART OF EFFECTIVE LISTENING

REMEMBER THAT

- Attend to the speaker.
- Recognize the speaker's point of view.
- Take time to ask and comment.

FAMILY MEMBERS READ THIS:
Your son or daughter is learning about and developing effective listening skills. Help him or her practice by speaking while he or she listens. Observe his or her listening behaviors as you speak. Watch for cues such as body language. If you wish, you can switch roles and listen while your son or daughter speaks.

After listening to your family member, ask him or her to describe your behaviors. Then, answer the following questions:

Practice effective listening skills with your family. Ask: "Could you tell me about your day?" While your family member speaks, concentrate on using your ART of Listening skills.

How did your family member describe your listening behaviors?

In what ways did you use ART? How did you feel when you used it well? How do you think the interaction improved from using ART?

What do you need to do differently to improve your listening skills? When and where will you try to use ART again?

How is listening to a family member different than listening to a classmate?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Fruits and vegetables have fiber. Fiber is a nutrient that helps us feel full and use the bathroom.

DEVELOP HABITS FOR LIFE!

- Eat fresh fruits
- Eat raw vegetables
- Switch to whole-grain bread
- Add berries to your oatmeal for breakfast





Clear Appreciation

CLEAR VERSUS CLOUDY

REMEMBER THAT

- cloudy statements could mean a lot of things. (Example: Thanks.)
- clear statements tell exactly what you respect and appreciate.
- clear statements describe specific events or qualities. (Example: Thanks for helping me with the dishes.)

FAMILY MEMBERS READ THIS:
Your adolescent is learning how to use "clear" statements to express respect and appreciation for others. Help your adolescent by giving him or her cloudy statements about qualities you appreciate in him or her. Have your adolescent turn your cloudy statements into clear statements.

After discussing clear and cloudy statements of appreciation with your family member, write your family member's cloudy and clear statements below:

Explain clear and cloudy statements of appreciation to your family member. Then ask him or her to give you cloudy statements about things he or she admires about you.

Cloudy Statement #1

Cloudy Statement #1 Clear
Statement #1

Cloudy Statement #2

Clear Statement #2

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

The vitamins and minerals in fruits and vegetables vary by color! Eat a rainbow to get all of the vitamins and minerals you need.

DEVELOP HABITS FOR LIFE!

- Try the rainbow of fruits and veggies!
 - Tomatoes, Oranges, Bananas, Green Beans, Blueberries, Grapes, Eggplant, and so many more
- Have a fruit or vegetable with every meal
- Try new foods



Everybody Loves Resolution

WHAT, WHEN, WHY, AND HOW MESSAGES

REMEMBER THAT

- name the feeling. I feel _____
- explain what behavior is bothering you. When you _____
- describe why you are feeling this way. Because I _____
- (if appropriate) state how a new behavior will help. I wish _____. I want _____.
- It will help if _____. Please _____, _____

After creating What, When, Why, and How Messages with your family member, answer the following questions:

Explain What, When, Why, and How Messages to a family member. Then together create What, When, Why, and How Messages in response to a situation, such as a sibling disagreement over whose turn it is to take out the trash.

What was your situation? Write the What, When, Why, and How Messages that you and your family member created.

How did you feel when you were creating your WWWW message?

In what situations could your family member use What, When, Why, and How Messages? Explain why.

In what situations do you think you could use What, When, Why, and How Messages? Explain why.

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Vitamin C is found in fruits and vegetables. It helps to heal your cuts and wounds! Eat it in citrus fruits like oranges, grapefruit, and lemons.

DEVELOP HABITS FOR LIFE!

- Drink orange juice for breakfast
- Add some lemon to your water
- Try a fruit salad with grapefruit



Let's Set Some Goals

GROUP ROLES AND COOPERATIVE GROUP NORM

REMEMBER TO

- identify behaviors that contribute to constructive group work
- use behaviors that contribute to effective group work while working on a group activity

FAMILY MEMBERS READ THIS:
Your adolescent is learning about Group Roles and Cooperative Group Norms in order to contribute effectively when working with a group of people. Discuss behaviors that are helpful to cooperative groups and behaviors that improve group work with him or her.

After sharing with and listening to your family member, answer the following questions:

Share what you learned about Group Roles and Cooperative Group Norms with a family member. Ask him or her to identify the behaviors he or she recognizes in you that are helpful to group work.

Which behaviors did your family member recognize in you that are helpful to group work?

Which behaviors did your family member recognize that would improve your success in cooperative group work activities?

How do you think these norms and group roles can help you when working cooperatively in groups?

How do you feel when you use Group Roles and Cooperative Group Norms to work cooperatively to accomplish a goal with others?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Dairy products that are low in fat provide nutrients you need. Dairy products high in fat, such as whole milk, can harm your heart. Low fat milk can be a great snack after exercise. It provides protein, carbohydrates, calcium, and other important nutrients.

DEVELOP HABITS FOR LIFE!

- Switch to low-fat milk
- Try yogurt - the healthiest dairy product!
- Dip your vegetables into a homemade, low-fat ranch



What's in a Friend?



RECOGNIZING AN ADMIRABLE FRIEND

REMEMBER THAT AN ADMIRABLE FRIEND IS

- worthy of respect and admiration.
- a person who possesses a combination of admirable characteristics.

FAMILY MEMBERS READ THIS:
Your adolescent is learning how to recognize an admirable, or true, friend and to distinguish between a friend and an acquaintance. Help him or her practice recognizing characteristics of an admirable friend by listening to he or she explain what it means to be an admirable friend. Then ask your family members how they set effective goals.

After talking about the admirable characteristics that your family member brings to a friendship, answer the following questions:

Tell your family member how to recognize an admirable friend, and then identify the admirable characteristics that your family member brings to a friendship.

What are some examples of the process your family member uses to set effective goals?

How did sharing My Action Plan with your family member influence how you will set effective personal goals in the future?

How do you think this experience will help you set and plan effective goals in other areas of your life?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Some people cannot eat dairy. They need to eat calcium and vitamin D from fortified non-dairy milk. Other sources of calcium include canned fish, soy, leafy greens, and calcium fortified foods.

DEVELOP HABITS FOR LIFE!

- Try soy or almond milk
- Add leafy greens to your salad
- Get outside and soak up the sunshine





Conflict: SOLVED

HANDLING CONFLICT IN RELATIONSHIPS WITH SOLVED

REMEMBER TO

- explain that people have different preferences, experiences, and perspectives that make conflict inevitable in friendships.
- describe and practice the steps in the SOLVED approach.

FAMILY MEMBERS READ THIS:
Your adolescent is learning why conflict is inevitable in friendships and how to use the SOLVED approach to handle such conflicts. Help him or her practice by describing a minor conflict and allowing your adolescent to explain how the SOLVED approach could help find a solution. After discussing, offer constructive feedback.

After discussing the SOLVED approach with your family member, answer the following questions:

Share and discuss what you learned about why conflict is inevitable in friendships, and describe and practice the steps in the SOLVED approach with a real conflict your family member experienced.

What was the conflict your family member described? What is a conflict situation that comes up in your family from time to time?

How can using the SOLVED approach help you resolve a real-life conflict in the family?

What feedback did your family member give you about your use of the SOLVED approach that you think will help you resolve conflicts in the future?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Athletes need strong bones! Dairy products such as milk and yogurt contain vitamin D and calcium. When vitamin D and calcium are eaten together, they work as a team to improve the strength of your bones.

DEVELOP HABITS FOR LIFE!

- Swap your snack for yogurt
- Dip your vegetables into a homemade, low-fat ranch
- Drink low-fat milk everyday for strong bones



From Conflict to Bullying

HARM

REMEMBER THAT BULLYING BEHAVIORS ARE

- Harmful
- Repeated
- Actions or words
- More than once to hurt or control others.

After using HARM to recognize bullying behaviors, answer the following questions:

Share HARM with a family member. Then listen as he or she presents a scenario that includes bullying behaviors. Together, use HARM to recognize the bullying behaviors.

What are the bullying behaviors used in the scenario?

Explain how you used HARM to recognize the bullying behaviors.

How do you think using HARM in a real situation would be different from using it in a scenario? Now that you have tried HARM with your family member, how do you think HARM will be helpful to you with others?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Whole grains contain more protein, fiber, and minerals compared to more processed grains. White bread, white enriched flour, pasta, and white rice are processed grains.

DEVELOP HABITS FOR LIFE!

- Switch to whole-wheat bread
- Eat more corn and quinoa
- Switch from white to brown rice
- Have some oatmeal for breakfast

Stepping Up to Bullying

APPLY THE SOLVED PROCESS

REMEMBER TO

- calm down.
- weigh consequences.
- use communication skills in safe situations.
- think clearly.
- leave if the situation is dangerous.

FAMILY MEMBERS READ THIS:
Your adolescent is learning how to deal with intimidating and bullying behaviors and situations. He or she is learning to use a variety of strategies to respond constructively. Have your adolescent explain how he or she would use these strategies in different situations, such as being made fun of or called a name. Then share how you might handle an intimidating or bullying situation.

After talking about the variety of strategies for handling intimidating and bullying situations, answer the following questions:

Explain to your family member how you would use strategies to handle intimidating and bullying situations. Ask your family member to explain how he or she might handle an intimidating situation.

How would you use one or more of these strategies to respond to someone who is calling other people names?

How would your family member use one or more of these strategies to handle an intimidating or bullying situation?

In discussing the ways to handle intimidating or bullying situations with a family member, which ones do they think are most helpful? Which ones do they think might be difficult to use? Why?

What strategies feel most comfortable for you to use and practice in the future? How will you use the SOLVED approach next time?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Grains that have nutrients removed from them during processing are called refined grains. Whole grains are more healthy than refined grains such as white bread and white flour. When you eat more whole grains and less refined grains, you are less likely to be overweight or obese.

DEVELOP HABITS FOR LIFE!

- Switch to whole-wheat bread
- Eat more corn and quinoa
- Switch from white to brown rice
- Have some oatmeal for breakfast



Think It Through

STEPS TO GOOD DECISIONS

REMEMBER

- identify** the decision to be made by developing a question that frames it.
- think** about all options and eliminate negative ones, using the Will It Lead to Trouble questions. If the answer is Yes to any question, that is not a positive option and should be eliminated. Is the option against the law, school or family rules, or the teachings of my religion? Is it harmful to me or others? Would it disappoint my family or other adults who are important to me? Is it wrong to do? Would I be hurt or upset if someone did this to me?
- predict** the consequences of each positive option.
- choose** the best course of action.
- do** what you decided to do.
- rethink** your decision.

After sharing and discussing with your family member, answer the following questions:

Share what you've learned about making good decisions with your family member. Discuss family values and rules. Ask your family member how family values and rules will help you make healthy decisions in situations when you are pressured by others to do something that would go against your family's values and rules.

What are some of your family values and rules?

How can family rules help you make good decisions when you are pressured by others to do things that go against your family rules?

What are some examples of how using the Steps to Good Decisions will help you make good decisions?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Whole grains are healthier than more refined grains such as white bread and white flour. Many foods contain whole grains! When you eat microwaved popcorn, oatmeal, some cereals, and brown bread, you are eating whole grains!

DEVELOP HABITS FOR LIFE!

- Have some oatmeal for breakfast
- Buy whole wheat cereal options
- Enjoy some low-fat popcorn



Responsibility Coupons

ETHICAL DECISION MAKING

REMEMBER THAT

- the closer a person gets to adulthood, the more decisions he or she will make independently.
- ethical responsibility involves behavior that is respectful, healthy, and wise.
- positive influences may include family members and other trusted adults, self-confidence and self-respect, compassion, and considering the outcomes of decisions.
- both responsible and irresponsible behaviors have outcomes.

Create your coupons in the following spaces:

Share your coupon book with your family. Explain that you are practicing ethical responsibility by helping around the house. Ask family members to use the coupons when they would like you to help.

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Just like fruits and vegetables, whole grains are high in fiber. Fiber helps you stay full so you do not get hungry quickly after eating.

DEVELOP HABITS FOR LIFE!

- Add whole grains to each of your meals
- Switch fries to a side of rice or corn
- Drink plenty of water



Tobacco: Consider the Risks

RISKS TO CONSIDER

REMEMBER SOME NEGATIVE EFFECTS OF SECOND-HAND SMOKE ARE THAT:

- family members of smokers have foul smelling hair, clothes, houses, and cars.
- family members of smokers experience more colds, earaches, cases of flu, asthma, and lung infections than people in nonsmoking households.
- family members of smokers are at greater risk of lung cancer.

Answer the following questions about your family discussion on the risks of tobacco use:

Discuss with your family member the dangers of tobacco use and the effects of second-hand tobacco smoke.

What risks of second-hand tobacco use did you share with your family? What risks of second-hand smoke did your family share with you?

What are the risks of other forms of tobacco use, such as chewing tobacco?

How can knowing this information help you to make healthy choices?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

Proteins function as the building blocks of our bones, muscles, cartilage, skin, and blood. Protein foods are meat, poultry, fish, eggs, nuts, and seeds.

DEVELOP HABITS FOR LIFE!

- Add some protein to your shakes
- Drink milk each day
- Eat more red meat
- Scramble some eggs and toast for breakfast

Staying Away from Alcohol

THE TRUTH ABOUT ALCOHOL

REMEMBER THAT

- alcohol is a drug that comes in beer, wine, wine coolers, and in many forms of liquor, such as whiskey, gin, vodka, rum, and brandy.
- alcohol is the most widely used and abused drug among youth and adults.
- alcohol is considered a depressant because it depresses, or slows down, brain activity.
- drinking too much alcohol can cause a loss in judgment and control of emotions, stumbling, slurred speech, slow reaction time, fainting, and even flu-like symptoms, such as headache and vomiting.
- because alcohol can be particularly harmful to healthy development, it is illegal in the United States for people under age 21 to buy alcohol.

Ask your family member each of the following questions, and note his or her responses in the boxes provided:

Ask your family member about the myths of alcohol and its effect on teens.

What are your family member's views on alcohol?

Why does your family member think it's important for teens not to drink?

How did your family member confront alcohol when he or she was a teen, if applicable?

Fuel 4 You!

Nutrition messages to help you become a healthier athlete.

You don't have to eat meat to get protein! Eggs, kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans, split peas, lentils, nuts, and soy are nonanimal sources.

DEVELOP HABITS FOR LIFE!

- Try a side of beans with your meal
- Have a salad topped with nuts
- Add lentils to your soups



Assertive Responses

EXAMINING PRESSURE TO USE DRUGS

REMEMBER THAT

- inside pressure comes from within.
- outside pressure comes from others.
- dealing with negative inside pressure first allows you to respond assertively.

FAMILY MEMBERS READ THIS:
Your adolescent is learning how to examine pressures to use drugs and how to develop assertive responses to those pressures. Help him or her develop a list of specific things he or she can do and say to stand up to negative peer pressure with the support of the family, in all areas of life, such as at school, the park, the store, the playground, and in the community and the streets.

After working with your family members, answer the following questions:

Work as a family to develop assertive responses to negative peer pressure situations. While making this list, be sure to think about all areas of your life— playground, school, sporting events, hanging out with friends, etc. Write down specific things you can do and say to stand up to negative peer pressure.

What new responses did your family members help you develop to handle negative peer pressure?

How does having your family supporting you help you to handle negative peer pressure?

How could you help coach a friend who is struggling with negative peer pressure?

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Some protein foods, like lunchmeats, hot dogs, bacon, beef, and sausage, contain saturated fat. It is best to limit how often we eat these foods. Saturated fat increases your risk for heart disease.

DEVELOP HABITS FOR LIFE!

- Eat fewer fried foods
- Exercise for 60 minutes daily
- Eat more fish, fruits and vegetables



Making Healthy Choices as a Family

MAKING HEALTHY CHOICES

REMEMBER THAT

- peers listen most closely to peers.
- most adolescents do not use drugs.
- being drug free is the norm.

FAMILY MEMBERS READ THIS:
 Your adolescent has been working on understanding the importance of making healthy choices. Work together as a family to identify healthy family activities that all family members might enjoy. Finally, go out and have some fun together!

Discuss with your family member some fun activities you could do together, then complete the following checklist:

Work as a family to identify some healthy activities everyone can enjoy. Use the checklist below to help you get started. See how many fun activities you and your family member can come up with, then go out and have some fun together!

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The key to being a healthy athlete is to eat a variety of foods from all food groups - and to enjoy eating! There are five food groups: fruits, vegetables, grains, protein, and dairy.

DEVELOP HABITS FOR LIFE!

- Eat whole fruits and vegetables
- Drink plenty of water
- Switch to whole-wheat bread



6.1 FAMILY CONNECTION!

Our Family Web



FAMILY MEMBERS READ THIS:

Your adolescent is reflecting on the core competencies and skills learned in this program. Help him or her by discussing how you use these skills in your family life and in other areas of your life, such as the workplace or school. Ask your adolescent to share a drawing of a family circle with a web inside that links all family members. Ask how he or she uses each skill at home and in other areas of life. Talk about the importance of family connections and how the skills help your family relate well to each other.

PRACTICING SOCIAL-EMOTIONAL LEARNING AT HOME

REMEMBER THAT

- self-awareness means paying attention to what you are feeling.
- self-management means taking charge of our own emotions and actions.
- social awareness means thinking about how others feel.
- building relationships means making the effort to communicate.
- responsible decision-making means considering the consequences.

While discussing with your family members, write answers to these questions:

Reflect on the skills that you have learned with family members. Ask: How do we use these skills at home? While your family members talk, listen for skills and ideas that you have learned and practiced.

What family agreements for behavior do we have in place? What group roles do we use in different situations?

How do these agreements and group roles encourage positive interactions and respectful relationships?

What other agreements and group roles might help us build a loving, safe, and healthy family environment?

What strategies feel most comfortable for you to use and practice in the future? How will you use the SOLVED approach next time?